ARMITRON pro sport®

AD1159

INSTRUCTIONS MANUAL

FEATURES

- Time Telling Mode (Hours, Minutes, Seconds, Date and Day of the Week)
- Calendar Mode (Month, Date, and Day of the Week)
- (3) 24 Hour Daily and Weekly Alarms
- Hourly Chime: One 'Beep' sound every full Hour
- Chronograph Mode: Hours, Minutes, Seconds and 1/100 of a Second with Lap Operation
- Countdown Timer
- Second Time Zone
- 12/24 Hour (Military Time)
- Water Resistant as indicated on the watch
- INSTALITE – Electro Luminescent Display

EL LIGHT FEATURE

Press **'D'** in any mode to illuminate the watch face. The backlight will remain lit for 3 seconds.

NOTE: Excessive use of the light will shorten battery life.

SELECTING FEATURES

1. Time Telling Mode displays Hours, Minutes, Seconds, Date, and Day of the Week.
2. From Time Telling Mode, press and hold **'C'**. Calendar Mode appears and the Month, Date, and Day of the Week are displayed. Release **'C'** to return to Time Telling Mode.
3. From Time Telling Mode, press **'B'** once. Chronograph appears. Press **'B'** four times to return to Time Telling Mode.
4. From Time Telling Mode, press **'B'** twice. Alarm Mode appears. Press **'B'** three times to return to Time Telling Mode.
5. From Time Telling Mode, press **'B'** three times. Countdown Timer Mode appears. Press **'B'** twice to return to Time Telling Mode.
6. From Time Telling Mode, press **'B'** four times. Second Time Zone Mode appears. Press **'B'** once to return to Time Telling Mode.

SETTING THE TIME AND CALENDAR

Analog

1. Pull the Crown, **'E'**, out. The second hand stops. Rotate the Crown in either direction until the desired time is obtained. Push the Crown back in to re-engage time keeping.

Digital

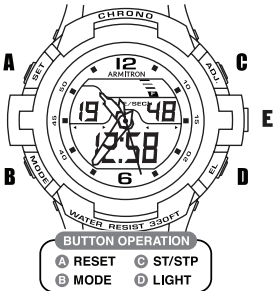
1. From Time Telling Mode, press and hold **'A'**. Seconds flash. Press **'C'** to zero out the Seconds.
   NOTE: Zeroing out 30 or more seconds automatically adds one minute to time.
2. Press **'B'**. Hours flash. Press **'C'** to advance the Hour.
   *NOTE: Pressing and holding **'C'** will advance digits rapidly. When 12 Hour Format is selected, 'PM' indicates 'p.m.' times; there is no indicator for 'a.m.' times.*
3. Press **'B'**. Minutes flash. Press **'C'** to advance the Minutes.
4. Press **'B'**. Months flash. Press **'C'** to advance the Months.
5. Press **'B'**. The Date flashes. Press **'C'** to advance the Date.
6. Press **'B'**. The Day flashes. Press **'C'** to advance the Day.
7. Press **'B'**. 12/24 Hour Time Format flashes. Press **'C'** to select either 12 Hour Time or 24 Hour (Military) Time.
   NOTE: '12' indicates 12 Hour Format; '24' indicates 24 Hour (Military Time).
8. Press **'A'** to end sequence and return to Time Telling Mode.

STOPWATCH

1. From Time Telling Mode, press **'B'** once to enter the Stopwatch Mode.
2. Press **'C'** to start timing.
3. Press **'C'** again to stop timing.
4. Press **'A'** to reset to zero.
5. Press **'B'** to return to Time Telling Mode.

SPLIT TIME

1. While in the Stopwatch Mode, press **'C'** to start timing.
2. Press **'A'** to measure and display Split Times.
3. Press **'C'** to stop timing at the end of the event.
4. Press **'A'** to reveal the final Split Time.
5. Press **'A'** again to reset to zero.
6. Press **'B'** to return to Time Telling Mode.



ACTIVATING ALARM + HOURLY CHIME

1. While in Alarm Mode, press **'A'** to select the Alarm (A1-A3), Hourly Chime (CH), and "Beep" sound (BP).
2. Press **'C'** to activate or deactivate the selected Alarm, Hourly Chime, or "Beep" sound.
   NOTE: The Alarm or Chime Symbols appear when the Alarm and Hourly Chime are activated. "ON" indicates that the "Beep" will sound. When the Alarm is activated, the selected Alarm will sound at the preset Alarm Time for 20 seconds or until any button is pressed. When the Hourly Chime is activated, the Hourly Chime will sound with one "Beep" every hour on the hour.
3. Press **'B'** to return to Time Telling Mode.

SETTING THE 24 HOUR ALARM

1. From Time Telling Mode, press **'B'** twice to enter the Alarm Mode.
2. Press and hold **'A'.** The Alarm Number flashes. Press **'C'** to select the Alarm Number (A1-A3).
3. Press **'B'**. Alarm Hours flash. Press **'C'** to adjust the Hours.
4. Press **'B'**. Alarm Minutes flash. Press **'C'** to adjust the Minutes.
5. Press **'B'**. Normal Time/Dual Time Alarms flash. Press **'C'** to select either Normal Time (T1) or Dual Time (T2) Alarm.
6. Press **'B'**. Daily or Weekly Alarms flash. Press **'C'** to select either the Daily (DA) or the Weekly (WE) Alarm. If the Weekly Alarm is selected, press **'B'** then press **'C'** to select the Day of the Week.
7. Press **'B'**, then press **'C'** to activate or deactivate the selected Alarm.
8. Press **'A'** to end set sequence.
9. Press **'B'** to return to Time Telling Mode

COUNTDOWN TIMER

1. From Time Telling Mode, press **'B'** three times to enter the Timer Mode.
2. Press and hold **'A'**. Hours flash. Press **'C'** to adjust the Hour.
3. Press **'B'**. Minutes flash. Press **'C'** to adjust the Minutes.
4. Press **'B'**. Seconds flash. Press **'C'** to adjust the Seconds.
5. When the Countdown Timer is set, press **'A'** to end set sequence and return to Timer Mode.
6. Press **'C'** to start the Countdown Timer.
7. If desired, press **'C'** to stop the Countdown Timer. Press **'C'** again to resume the Countdown Timer.
   NOTE: The Countdown timing will continue in any mode until any button is pressed. When the Timer has expired, the alarm will sound for 10 seconds or until any button is pressed.
8. Press **'C'** to stop the Timer.
9. Press **'B'** to return to Time Telling Mode.

SECOND TIME ZONE

1. From Time Telling Mode, press **'B'** four times to enter the Second Time Zone Mode.
2. Press and hold **'A'**. Hours flash. Press **'C'** to advance the Hour.
3. Press **'B'**. Minutes flash. Press **'C'** to adjust the Minutes
4. Press **'A'** to end set sequence.
5. Press **'B'** to return to Time Telling Mode.
   NOTE: The Second Time (Second Time Zone) Clock may be used to keep track of a foreign time.

INSTRUCTIONS MANUAL

CHANGING THE BATTERY

Change the battery when the watch becomes slow, the readout darkens or does not appear, or the backlight fails. Before removing the old battery, be sure to denote its polarity so that the new battery is installed in exactly the same way. Replace with the same kind or equivalent only. This watch contains precise electronic components and should only be opened by a qualified watch technician. However, it is not necessary to return your watch to the manufacturer for battery replacement. It is recommended that you bring your timepiece to a local jeweler.

WATER RESISTANCE

This is a **WATER RESISTANT** watch. Do not operate push buttons below the surface of the water. Should water or condensation appear in the watch, immediately have the watch checked. Water can corrode electronic parts inside the case.

USE OUR NATIONWIDE SERVICE CENTERS. YOU CANNOT RETURN WATCH FOR SERVICE WHERE IT WAS PURCHASED.

If your watch requires cleaning, lubrication, battery changing, or needs a crystal replaced, Armitron Adventure approved Service Centers are available in your area. These repair facilities use Armitron Adventure parts and components to assure quality and future performance. Free estimates are available in advance, should you need servicing or repairs not covered under the warranty. Repairs covered under the warranty may require proof of purchase, so retain the purchase receipt.

RETURN YOUR WATCH FOR SERVICING

Please call **(718) 482-4195** for a listing of all approved and authorized service centers and locations, or visit our website at:
WWW.ARMITRON.COM
YOUR WATCH SHOULD NOT BE RETURNED TO THE PLACE OF PURCHASE. Carefully pack your watch in a sturdy box (do not send in a gift box for same will not be returned) and mail to the nearest approved authorized service station. Because of possible loss, we recommend that you insure the watch, return receipt requested, when using the mail. If you do not receive a receipt within a reasonable time, start a tracer through the originating post office. Never include a special watch band or any other article of personal value in your shipment.